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HORROR SHOW

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4 THINGS TO KNOW

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US presidential candidate Harris says she tried pot — and inhaled

Kamala Harris on Monday admitted to smoking marijuana in college. GETTY IMAGES

U.S. Sen. Kamala Harris, a former prosecutor who is seeking the Democratic Party's 2020 presidential nomination, said on Monday she had smoked marijuana in college and supported its legalization.

The California Democrat told the syndicated radio show "The Breakfast Club" at Power 105.1 in New York that she smoked pot while attending Howard University in Washington in the 1980s.

"And I did inhale," she said, laughing, in a swipe at former President Bill Clinton, who famously said he had tried marijuana but had not inhaled.

Harris, 54, is among a diverse and growing group of Democrats seeking to challenge Republican President Donald Trump in next year's presidential election. Fellow Sens. Amy Klobuchar of Minnesota and Elizabeth Warren of Massachusetts launched their bids over the weekend.

A former San Francisco prosecutor, Harris stopped short of endorsing legalized pot during a tight but ultimately successful race to become California's attorney general in 2014.

In 2016, during her run for the U.S. Senate, she declined to endorse a ballot initiative that legalized the drug in the most populous U.S. state for recreational use by adults. She said at the time, however, that she expected marijuana to eventually become legal.

Since her election to the Senate, Harris has called for legalizing pot and supported a measure to decriminalize it at the federal level. She has for years called for research into the impact of marijuana use on the developing brains of teenagers and young adults, and for standards to judge when drivers are impaired after using cannabis.

Asked by the program's host whether she would use marijuana again if it became legal, Harris laughed but did not answer the question directly.

"It gives a lot of people joy," she said. "And we need more joy."

As of December, 10 states and the District of Columbia had legalized small amounts of marijuana for adult recreational use, according to the National Conference of State Legislatures.

The drug is still illegal at the federal level. REUTERS

Heisman winner Murray chooses NFL over baseball

2 Kyler Murray announced on social media Monday that he is giving up baseball and will pursue his dreams of being an NFL quarterback. "Moving forward, I am firmly and fully committing my life to being an NFL quarterback," Murray stated in the post. "Football has been my love and my passion my entire life. I was raised to play QB, and I very much look forward to dedicating 100 percent of myself to being the best QB possible and winning NFL championships." That shuts the door on the possibility he will play for the Oakland Athletics, who made him the No. 9 overall pick in last June's draft. After the draft, Murray signed with the A's and received a $4.66 million signing bonus, a payment he will have to return. According to published reports, Murray will return $1.29 million of the $1.5 million he received last year. He forfeits the remaining $3.16 million due March 1.

VA Dems hold fire on Fairfax impeachment

3 Virginia Democrats pressured Lt. Gov. Justin Fairfax to resign on Monday over accusations of sexual assault, which he denies, but held off on pursuing impeachment, with the Republican speaker of the state House urging restraint. Fairfax is one of three top state Democrats engulfed by scandal this month. Gov. Ralph Northam and Attorney General Mark Herring have also faced criticism after admitting they wore blackface in the 1980s. Patrick Hope, a Democratic member of Virginia's House of Delegates, said he believed Fairfax should have resigned already after two women accused him of sexual assault, but added he would not move immediately on his weekend call for impeachment proceedings. Adding to the pressure, much of the lieutenant governor's staff have resigned since the second accuser came forward on Friday, according to his spokeswoman, Lauren Burke.

Refugee Bahraini footballer heads home to Australia

4 A refugee Bahraini footballer with residency status in Australia boarded a flight for Melbourne early Tuesday after Bahrain dropped its bid to have him extradited from Thailand, bringing to an end a case that had drawn international criticism. Hakeem al-Araibi, 25, who fled Bahrain in 2014 and received refugee status in Australia, was arrested in November last year at Bangkok's Suvarnabhumi Airport while on a honeymoon trip, following an Interpol notice issued at the Gulf state's request. He was seen chatting happily before boarding a Thai Airways flight that was due to leave for Melbourne shortly after midnight. Araibi has lived in Australia since 2014 and plays there for a local soccer club. The detention of Araibi, who appeared with his feet in shackles at a court hearing last week, drew international criticism, with Australian authorities urging Thailand to release him.

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EDUCATION

ISTOCK

Why sleep is your biggest secret weapon as a student

We break down the science of sleep and how it can help you get better grades.

PAT KING
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Okay, I won't press this issue too hard. I get it. College is a time where a good night's sleep is almost as uncommon as seeing the Chupacabra or a flying saucer stamping out crop circles in a cornfield. But what many students might not understand is that sleep is an integral part of what makes your brain retain knowledge.

There is science there to prove it, as we now have been able to pinpoint some of the distracting factors that contribute to students losing sleep in some of their most formative periods. Mattress company The Best Mattress recently took it upon itself to study what kinds of factors come into play when students lose valuable hours of sleep during their high school years.

After surveying 1,000 students in kindergarten through 12th grade, The Best Mattress found over 50 percent of students said TV is the main factor for why they stay up on school nights. This is followed by video games, at just over 40 percent, and school start time — likely story — at 36 percent. (Check out their complete findings in the graph above.)

But why is this important, you may ask? Well, with these findings The Best Mattress was also able to use its polling to find that students who averaged an "A" GPA tended to get an average of 8.1 hours of sleep a night, while "B" students averaged 7.6 hours, and "C" students averaged 7.3 hours of sleep per night.

This study goes hand in hand with some of the findings that the National Sleep Foundation has discovered over the years. Its studies have uncovered that getting an inadequate amount of sleep per night can have some serious effects on a person's problem-solving skills and overall recall, making it harder for people to retain information that is presented to them.

With these statistics, students can view these numbers as goalposts to aim between while forming both sleeping and learning habits early on. This will be crucial as students take their education to the next level starting college in the fall. Because once these habits are formed, it may be hard to turn back.

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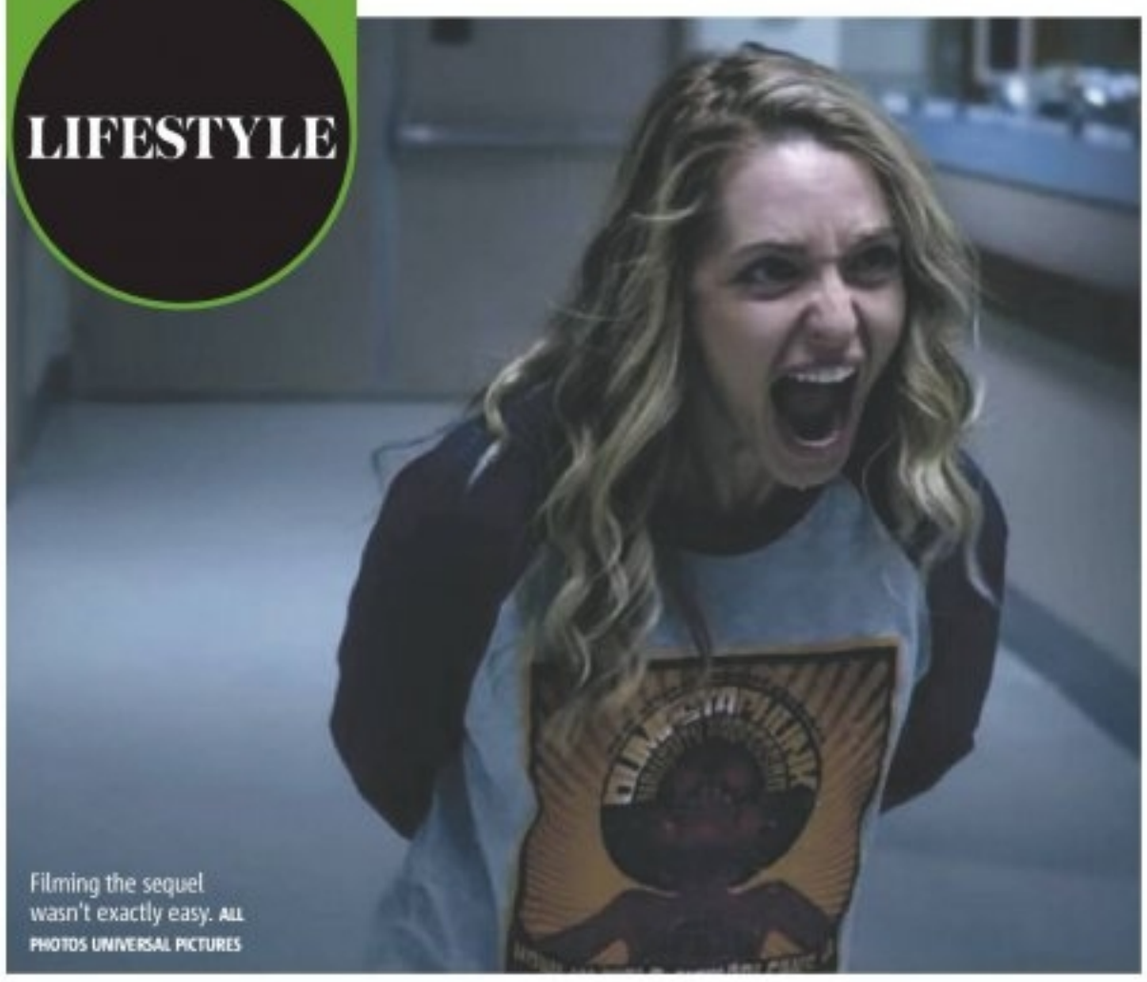

Filming the sequel wasn't exactly easy. ALL PHOTOS UNIVERSAL PICTURES

Why making 'Happy Death Day 2U' was no easy task

Israel Broussard and Christopher Landon talk us through filming the sequel.

GREGORY WAKEMAN
GregoryWakeman@metro.us

When filming concluded on "Happy Death Day," Israel Broussard thought that he would never have to see the plaid shirt that his character Carter repeatedly wore ever again.

However, he didn't realize the trick that its director Christopher Landon had planned for the follow-up, which sees Jessica Rothe's Tree return to the exact same day where she has to die over and over again, but this time in a different dimension, has Broussard wearing the same shirt.

"I would burn that plaid shirt," Broussard tells Metro, while Landon admits that it was a "miserable" experience having to recreate the scenes from the original for the follow-up.

"At the end of shooting this movie everyone wanted to smash their head against a wall," he insists. "Because everything was about trying to recreate something that they saw from the first movie. Every department had to somehow figure that out. It was crazy. For location we had used a hospital in New Orleans. We wanted to just go back and shoot at the hospital. But they had gutted the hospital. So we had to rebuild it on the inside to make it look exactly the same."

"Even down to the background actors. Actors that were way in the distance. We had to track them, put them in the same clothes, hope they hadn't changed. So there was a lot of luck in this movie. We just got lucky that people didn't decide to lop off all their hair or gain a hundred pounds or whatever."

But while Broussard is obviously sick of the attire, he actually didn't mind having to play Carter on that day over and over again.

"It was a little difficult at first. But Carter is such an optimistic guy. He's a little nerdy. But he's sweet and he sees the best in people and he sees the best in every situation. As far as the continuity goes,

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Have a happy — and horrifying — Valentine's Day with "Happy Death Day 2U."

I feel like I had a lot of freedom. The only thing that I have to be pretty conscious about is the line, 'Oh, hey, you're up.' That's the line that's kind of got to stay the same. But once she wakes up, it was fun playing off of whatever she gave me."

It also didn't help matters that there are only 16 months between release dates of the films. Broussard, who only got the script in December, admits, "We weren't expecting the turnaround to be this quick actually. I wasn't expecting the movie to be made this quick. I think we started filming at the end of May last year. So it had been a little over a year since we had filmed the first one.

"When I read this script for the first time I thought we'd film it next year and then it'll come out in a year or two. Then I learned that they were aiming for a Valentine's Day release toward the end of shooting. That was just a rumor going around on set. It wasn't official. So when they were like, 'Yeah we're doing it on Valentine's Day,' I was like, 'It's done? We just got off set.' So there was a lot of excitement with Blumhouse and Universal and I'm glad the turnaround happened. It is awesome."

"Happy Death Day 2U" opens in theaters Feb. 13.

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Losing weight with marijuana? Metro dismantles all the myths

Quasi-science is quite trendy on the web, with articles featuring studies that come to peculiar conclusions. Recently, one that became viral seemingly confirmed that cannabis helps with weight loss. However, Dr. Yan Le Strat, professor of psychiatry at the University of Paris, published surveys between 2001 and 2003 in the American Journal of Epidemiology that show 16.1 percent of those who used cannabis were obese, contrasting with 25.3 percent of non-consumers from a 43,000-plus-person sample. Metro talked with Dr. Ana Borda, manager of scientific research at the multinational medical cannabis company Khiron, to learn more.

What are the confirmed benefits of cannabis?
That is a fairly broad topic. Epilepsy is one of the most studied conditions in this regard. A big improvement of condition thanks to marijuana use has been confirmed in patients for whom conventional treatment did not work.

Another group of people with successful treatment, according to medical evidence, are patients with cancer. However, in general, medical evidence of the benefits of cannabis is limited to patients with very specific conditions on which, in most cases, traditional medicine has no effect.

We're talking about palliative care, right?
Yes, it is an alternative at the palliative level. It is used to improve the life of patients, not to eliminate any condition. People should continue taking their prescribed medications, as in the case of epilepsy, where cannabis decreases the intensity of seizures, but the established treatment should continue its course. It is about improving patient's life: to feel calmer, diminish anxiety and pain. This triggers a series of other benefits.

What about marijuana and obesity?
A study that went viral stated that people who used cannabis had less tendency to obesity. The media took that news and started to speculate on the subject without having real information about what was really happening. In this study, they took into account neither the conditions, nor the diet, nor the form of exercise of these people and these factors' influence on obesity.

So, cannabis doesn't work exactly the same for everyone?
The effect will be very different in a healthy patient than in a patient with any medical condition. The same goes for the one who has already used cannabis as the one who has not. We have specific treatments for patients with medicinal cannabis and they have to be referred by the specialist. When they come to our clinic, they are evaluated to see if they can apply for the treatment.

It is important to let the world know that there are specific conditions and that they do not depend only on the context, but on the origin of the product as such. It is different if the complete extract of the plant is given or if it is administered orally.

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IT MIGHT BE TIME TO START WORRYING ABOUT THE CELTICS

OPINION

JULIAN EDLOW
@julianedlow

Marcus Morris shed some light on life inside the Celtics locker room over the weekend. GETTY IMAGES

"When do we start worrying about the Celtics?"

I've been asked that question each month since the Celtics got off to a disappointing start this season. I've answered the same way every time — "Let's give them until at least after the All-Star break."

Well, they've almost made it there, but it's time to start expressing some valid concerns.

It looked like the C's had finally hit their stride. After some locker room issues, most notably between Kyrie Irving and Jaylen Brown, Boston entered Thursday's home game against the Lakers as winners of 10 of their last 11 games, with the one loss coming at the hands of the Warriors.

Then the Celtics blew an 18-point lead to the Lakers, with none other than Rajon Rondo knocking down a game-winning buzzer-beater on a broken play. It was arguably the worst loss of the season … until just two days later.

The Clippers came to town on Saturday night, and the Celts came out ready to avenge Thursday's loss. They built up a 28-point lead but lost Irving for the rest of the game due to a sprained knee, which has left him as day-to-day. The Celtics went on to not only blow the 28-point lead to a team that sold off its best player at the trade deadline, but the Clippers managed a comfortable 11-point victory.

The loss to the Clippers was undoubtedly the worst loss of the season for Boston, and then Marcus Morris went on to give us possibly the most eye-opening quote of the season.

"For me, it's not really about the loss, it's about the attitude that we're playing with," Morris told reporters following the game. "Guys are hanging their heads. It's not fun. We're not competing at a high level. Even though we're winning, it's still not fun. I don't see the joy in the game. I watch all these other teams around the league, and guys are up on the bench. They're jumping on the court, they're enjoying their teammates' success, they're enjoying everything, they're playing together and they're playing to win. And when I look at us, I just see a bunch of individuals."

While it's not news to us that the Celtics have been butting heads in the locker room, Morris may have helped us understand just how distant the players are from each other. While Brad Stevens may be the best strategic coach in the NBA when it comes to play-calling and on-court adjustments, this is a new aspect of coaching for him. He's never had to deal with these types of personalities, as current Clippers and former Celtics coach Doc Rivers was so great at doing in the past, and it's showing.

These last two games leading into the All-Star break will be telling. Boston plays a back-to-back that begins Tuesday in Philadelphia and wraps up when it hosts Detroit on Wednesday. Can the Celtics overcome these issues, rally as a team, and enter a weeklong break on a high note? Or will they let the noise get to them and allow the issues to get worse? We've seen both from the team this season, which is part of the reason they've been so wildly inconsistent.

The All-Star break may come at the perfect time for this team, but things won't get easier when they return. Boston's schedule gets very difficult, including a three-game road trip out of the break that features games in Milwaukee and Toronto. Those games, along with Tuesday night in Philly, are crucial benchmark games to measure where the Celtics are in the hierarchy of the Eastern Conference.

All three teams made moves at the trade deadline to improve their roster — Philadelphia added Tobias Harris, Toronto added Marc Gasol, and Milwaukee added Nikola Mirotic. Meanwhile, Boston stood pat.

Something hasn't looked right about the Celtics since the season began, but you could make the argument it could be ignored because the team has so much talent. That argument has lost all traction after the two home losses to the Lakers and Clippers.

Time to hit the panic button. Show us something, Celtics.

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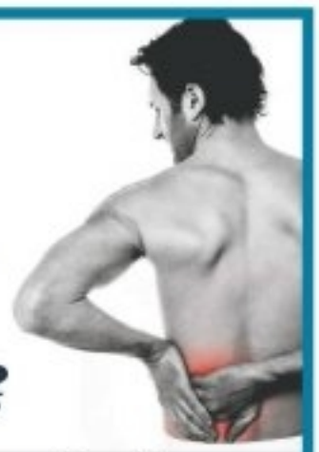

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Participation involves a total of 7 study visits over a two-year period. You could be compensated up to $455.

You may be eligible if you...
- Have resolved an alcohol problem in the past 90 days
- OR plan to make a new recovery attempt in the next 14 days
- Are over the age of 18
- Are willing to travel to Boston for study visits

Call (617) 643-9850 , email MGHsmartstudy@Partners.org or visit https://is.gd/MGHpathways

LEGAL NOTICES

NOTICE OF PUBLIC SALE

To satisfy the operator's storage lien, PS Orange Co. Inc. will sell at public lien sale on February 27, 2019, the personal property in the below-listed units, which may include but are not limited to: household and personal items, office and other equipment. The public sale of these items will begin at 09:00 AM and continue until all units are sold.

PUBLIC STORAGE # 24518, 2030 Main Street, Brockton, MA 02301, (508) 271-7841 • Time: 09:00 AM

A010 - Parrett, Terry; B036 - Mcneil, Audra; B045 - Jalloh, Shentou; B050 - Pires, Sheena; B058 - Tartaglione, Chris; B063 - Gonsalves, Joseph; B068 - Merone, Marie; C102 - Ortiz, Miguel; C105 - Padilla, Lillian; C110 - Gallagher, John; C118 - Hunt, Marvin; C119 - Goncalves, Hermogenes; C124 - Silva, Nadia; C127 - Ika, roseline; C128 - Santos, Ariana; C134 - REID, KELVIN; C136 - Starks, Monique; C169 - Johnson, Sheila; C171 - Pearl, Clarzell; C172 - Lobo, Edmiro; C179 - Pena, Melinda; C186 - Cohen, Adam; C202 - Cleveland, Laurie; C203 - Lagante, Louis; C216 - Hedges, Christine; D229 - Vicente, Helen; D241 - Phanuef, Maureen; D262 - Okechukwu, Peterenor; D272 - Lewis, Clifton; D284 - Capone, Nancy; D324 - Johnson, Jamie; D330 - Gonzalez, Kirsy; D337 - Plymouth, Jean; E350 - Mullins-Hodges, Briona; E374 - Tolman, Jennifer; E376 - Jackson, Guy; E391 - Phaneuf, Christina; E409 - Jordan, Tasha; E416 - Abreu, Miria

PUBLIC STORAGE # 25763, 805 North St, Randolph, MA 02368, (781) 469-0850 • Time: 09:00 AM

023 - Pinnock, Sandra; 043 - Bergdoll, Jeanne; 081 - Barghout, Elias; 091 - Chen, Wa; 142 - Calcano, Kathy; 163 - Waldron, Marlon; 167 - O'sullivan, Eugene; 185 - Quintanilla, John; 191 - Shields, Cathie; 207 - St James, Richard; 211 - Barghout, Sinuhe; 225 - Mcbrayer, Forrest; 281 - Vau, James; 329 - Chicoya, Robertine; 404 - Fernandez, Shirley; 424 - Colectivo, Carlos; 437 - Herron, Lisa; 439 - Herron, Ronesha; 442 - Lubin, Jean; 463A - Camacho, Jonathan; 504 - Hernandez, Nancy; 519 - Viloria, Angie; 535 - Barmudas, Jibrialliah; 615 - Diligent, Tashawna; 705 - Cobban, Madyson; 708 - Duval, Steven; 735 - Crowell, Lori

PUBLIC STORAGE # 26604, 432 Washington Street, Weymouth, MA 02188, (781) 430-8309 • Time: 09:00 AM

A088 - Thomas, Brandon; A119 - Jones, Derce; A136 - Keefe, Brenda; A176 - Mcdonald, Tracy; A273 - Watt, Theresa; A422 - Saxone, Aly; A427 - Ferrullo, Michael; A433 - Andrade, Cindy; A434 - Kanakostas, Theodore; A440 - Merrifield, Scott; A477 - FELICIANO, JOSEPH; A514 - Ryan, Maggie; A538 - Bishop, Michael; A548 - Craig, Samantha; A586 - Rogers, Monique; A605 - Campitelli, Dean; A614 - Stenstein, Sandra; A619 - VALLE, NELSON

PUBLIC STORAGE # 27011, 87 Warren Street, Randolph, MA 02368, (339) 203-4270 • Time: 09:00 AM

A014 - Lamy, Harry; A023 - Carter, Ashli; B001 - Coulter, Ellen; C011 - Offner, Henry; C017 - Sault, Yves; C041 - Cruz, Jonathan; D013 - Lenebours, Florence; D026 - Fernandez, Shirley; D035 - Stanley, Jerome (Samir); E034 - Charles, Naja; F003 - Mcguire, Denise; F007 - Kinton, Eric Denell; F009 - Brown, Rebeca; F010 - Correnti, Anthony; F025 - Hyatt, Talia; G001 - Cooke, Rocheen; H027 - Echols, Ja'Von; I036 - Kolonovich, Linda; I044 - Saran, Billy; I053 - Vernet, Jenny; I055 - Theart, Fritz; J001 - Andrade, Tony; J014 - Marshall-Mack, Lisa; J034 - Joyner, Charlene; J062 - Brown, Robert; J063 - Boyd, Rameika; J064 - Jturlal, Camila; K008 - Acosta, Luis; K028 - Pina, Ana; K050 - Phillips, Mia; L040 - BOSTON, TERRY; M002 - Hall, David; M011 - Rice, Frederick; M014 - Unaka, Godfrey; M019 - Gaston, Mary

PUBLIC STORAGE # 29162, 1470 Main Street, Weymouth, MA 02190, (781) 328-6135 • Time: 09:00 AM

A1062 - Hack, Guiseppe; A1086 - Tartaglione, Samantha; A1092 - Russell, David; A2010 - Pike, Grace; A2027 - Campanale, Eleanor; A2091 - Ovalles, Martin; A2145 - Blackwood, Glenn; A2149 - Michaels, Elizabeth; A2166 - Campanale, Eleanor; A3009 - Langone, Jennifer; A3053 - Keefe, Patrick; A3135 - Belbes, Nancy; A3191 - Makuch, Cheryl; B017 - Aedujar, Robert; B018 - Amante, Michael; C009 - Tigrill, Abdul

Public sale terms, rules, and regulations will be made available prior to the sale. All sales are subject to cancellation. We reserve the right to refuse any bid. Payment must be in cash or credit card-no checks. Buyers must secure the units with their own personal locks. To claim tax-exempt status, original RESALE certificates for each space purchased is required. By PS Orangeco, Inc., 701 Western Avenue, Glendale, CA 91201. (818) 244-8080.

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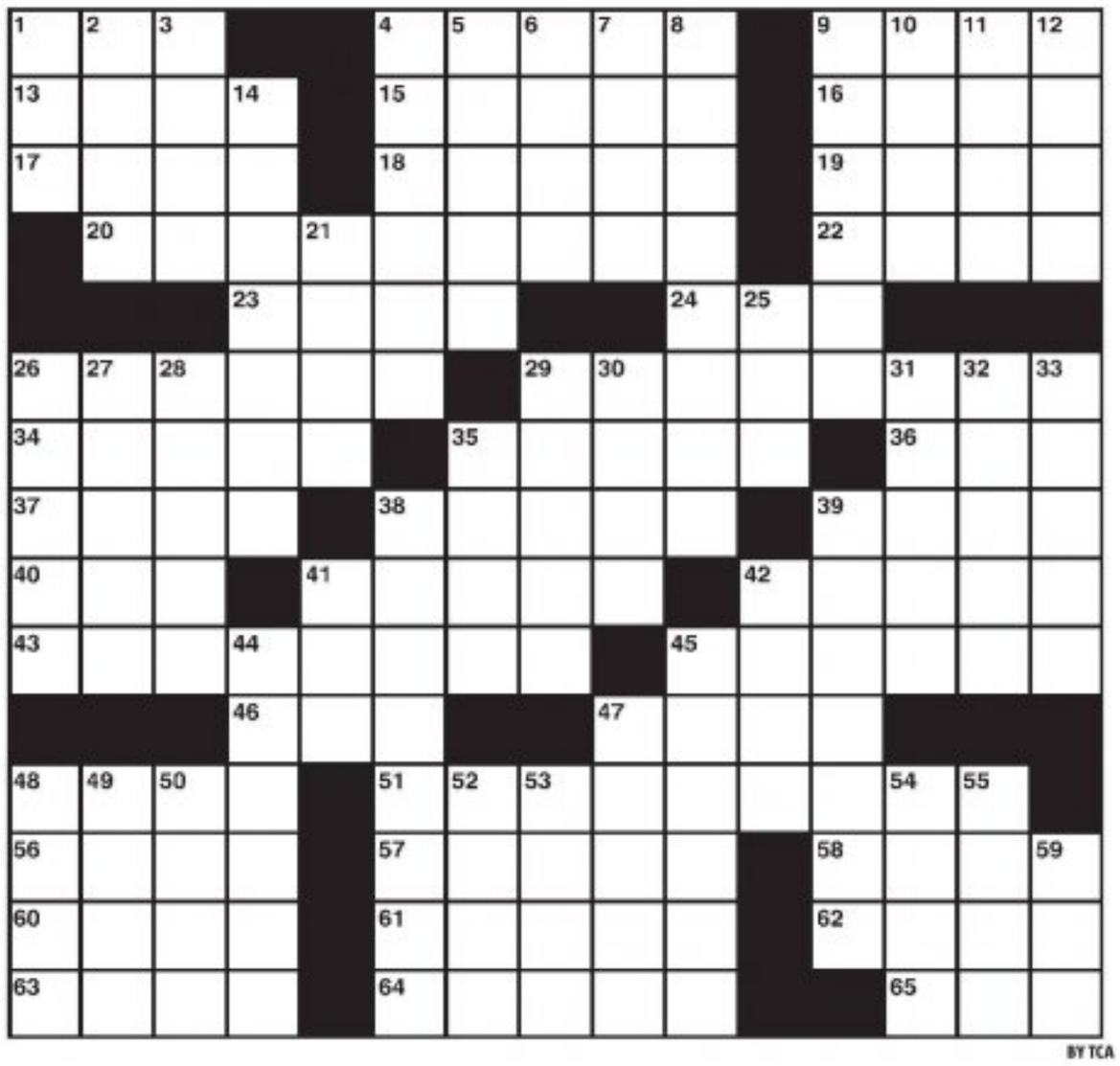

BY TCA

ACROSS

1 Cruise, for one
4 Sharp weapon
9 Snout
13 Surrounded by
15 Capital city in Asia
16 Hideous
17 Candy __; Christmas sweet
18 Peruvian Indians
19 Cypress or hemlock
20 Some newspaper employees
22 Kitten cries
23 Grooves
24 Spanish cheer
26 Valuables
29 Western Union message of old
34 Cheese variety
35 Barber's offering
36 Bill denomination
37 Rushes
38 Self-confidence
39 Pulls hard
40 CD followers
41 __ runner; one most likely to win
42 Ditties
43 Embezzling
45 __ ever; seldom
46 Mai tai ingredient
47 Ailing
48 Caramel-topped custard
51 Necessary
56 Theater section
57 Legally binding
58 Dick & Jane's dog
60 Flabbergasts
61 Staring
62 In this place
63 Kennedy & Knight
64 Procrastinator's word
65 JFK's predecessor

DOWN

1 Tic __; breath mint
2 Poet Khayyam
3 Dig for ore
4 Jerseys & blouses
5 Desires
6 In the past
7 Laugh loudly
8 Melt
9 Eggnog spice
10 Villain
11 Killed
12 Watches
14 Sadden
21 Pitcher's delights
25 Actress Jamie __ Curtis
26 Lent-opening distribution
27 Very fast
28 Military attack
29 "A mind is a terrible __ to waste"
30 Vane direction
31 Circular
32 California athlete
33 Unkempt
35 In just a bit
38 Prehistoric
39 Like folks from Ankara
41 Reason to call in sick
42 Diplomacy
44 Actor James __
45 Impede; hamper
47 Grab
48 Apartment
49 Actor Rob __
50 Elderly
52 Long story
53 Mini blind piece
54 Imitated
55 Title for Tennyson
59 Ball holder

metro.us/sudoku

3		4	9			2	8	7
			7	4	3	6		9
	7	1	8	6				
	9	3		8	6	4		5
		6	5		4	7		
4		5	3	9		8	6	
				7	1	9	3	
2		7	6	5	9			
1	4	9			8	5		6

metro.us/horoscopes

Aries Look at every angle before you throw your hat in the ring. If you underestimate the extent of a job or an opponent's skills, you'll have trouble living up to your expectations.

Taurus You'll be right on target. Negotiate, discuss your options and let others know what you want. An opportunity to travel or spend time with someone interesting will motivate you.

Gemini Make sure an offer is legitimate. Ask questions and take notes. If something sounds suspicious or too good to be true, it probably is. Proceed with caution.

Cancer Don't feel pressured to make a decision or change just because someone else does so. Slow down and only take the plunge when you feel the time is right. Love and romance are highlighted.

Leo Look for opportunities that are solid and free of hidden agendas that could cause emotional turmoil. A change is favored, but it may not be lucrative.

Virgo Initiate a meeting or network with people who have something you want. Use your charm, intelligence and experience to win favors and a place at the negotiating table.

Libra Look at your options, and if you don't see one that is going to bring you what you want, go back to the drawing board and make some adjustments.

Scorpio You know your stuff, so don't hold back. Step up to the podium and say what you think. Your opinion may not please everyone, but it will establish what's possible.

Sagittarius A physical challenge will get you moving, but don't take on the impossible lest an injury slow you down. Know your strengths and weaknesses, and play to your advantage.

Capricorn Don't be surprised or intimidated by the changes others make. Do what suits your needs, and don't apologize for your choices.

Aquarius Listen to others, but don't get sucked into someone else's dilemma. The best advice you can offer is to suggest talking to an expert. Don't meddle, or you will be blamed.

Pisces You've got the edge when it comes to wheeling and dealing. Speak up, as your charm and friendly nature will win favors from people who can help you advance your plans. EUGENIA LAST

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Yesterday's Answers

	M	O	M		D	W	A	R	F		S	C	A	M
M	O	V	E		E	R	R	O	R		H	O	B	O
J	O	E	L		F	I	C	T	I	T	I	O	U	S
F	D	R		P	A	T	H	S		R	E	S	T	S
		S	L	A	M	S			L	O	L			
C	A	P	O	N	E			W	O	O	D	E	D	
A	D	E	P	T		S	C	O	O	P		V	I	A
P	I	N	S		S	P	O	O	N		W	E	E	P
T	E	D		C	L	U	B	S		L	A	N	G	E
	U	S	U	R	E	R			M	E	T	H	O	D
			T	O	W			C	O	S	T	A		
S	T	E	M	S		S	P	O	R	T		N	B	A
P	O	L	O	S	H	I	R	T	S		A	D	A	M
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